

Circuits

5min warm up jog on spot / star jumps / high knees / heel flicks

1min squat

30 sec pulse squat

1min press up

30 sec pulse press up

X2

1min backward leg lunges

30 sec forward plyo lunges

1min plank (hands under shoulders)

30sec Mountain climbers

X2

1min sumo squats

30sec plyo squats

1min Reverse flys

30sec tri dips

X2

1min reverse bridge ups

30sec push up row

1min reverse bridge leg extensions

30sec push up row

X2

Cool down 5 mins stretching all major muscle groups.

